

SEASIDE POST NEWS-SENTINEL

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Vol. 28, No. 14, Wednesday, March 20, 1974

510 Broadway Seaside, Calif. 93955 Area Code 408: 394-6632

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Editorial

The recent election in the City of Seaside should have proven something to most of the citizens of Seaside. They were just not interested in one of the most important elections this city has faced.

If you failed to get the person you were hoping to see in office, you have one person to blame YOU.

In the city of Seaside we have a total of 7174 registered voters as of the day of the election, yet only 2729 people thought enough of this election to cast a ballot.

Examples of the apathy shows: Precinct "A", 817 registered voters, yet only 158 people cast their ballots; Precinct "B" with 800 registered voters, only 320 voted. Precinct "C" with 601 registered voters, only 256 voted. Precinct "D" with 813 registered voters only 277 voted. Precinct E with 914 registered voters only 263 voted. Precinct "F" with 476 registered voters, only 185 voted. Precinct "G" with 541 registered voters, only 246 voted. Precinct "H" with 535 voters, only 190 cast their ballots. Precinct "I" with 476 registered voters, only 186 cast their ballots. Precinct "J" with 617 registered voters only 281 voted. Precinct "K" with 584 registered voters was the most outstanding of all the precincts with 324 voted. Absentee voters showed only 43 cast their ballot.

We often ask ourselves why the apathy. We hear remarks such as: "My vote doesn't count," "I'm too busy," "I'll do it later," and other idiotic cop-outs. Yet we are very adamant in criticizing the administration of the city. It is always left up to the faithful few to make a decision of such magnitude for the rest of us. This is not only true for the local election, but projects itself in the national and state elections, yet we wonder why we have corruption in high administration.

The primary reason is simply because you don't exercise the most important right you have -- the right to cast your ballot for the person of your choice. You let "George" do it.

History has revealed to us that a number of presidents were elected by one vote. It could have been your vote, but you were conspicuously missing. Major issues concerning your welfare are not discussed with you prior to implementation, because you have no voice. You didn't bother to cast your vote.

Political appointments are made from the list of registered voters, and you can't be considered. One of the first things an elected official takes into consideration when you approach him for help is: "Is he a registered voter and how did he vote in the last election?" "Is he a member of a political club, and what kind of influence does he carry in my district?" What kind of response do you think you would get. You haven't even bothered to vote.

While you are sitting on your seats of apathy a selected few people are dictating your future. It is a painful lesson, but it is one you must learn. POLITICS AND ECONOMICS ARE BEDFELLOWS, and in order to survive, you must become involved in the economic mainstems of our country.

To vote is not only your constitutional right, IT IS YOUR DUTY. Don't depend on me for casting a ballot in favor of what you want, for I am busy casting my ballot for what I want, and this is as it should be. If you have failed to exercise this all important right, you deserve to get whatever is left over. And in addition to that you should also get a swift kick in the pants to remind you that the next time, get up off your lazy seats of do-nothing and take a friend with you.

We have another important election coming up in June. What will be your excuse then?

Marina Makes Plans For 1974 Parade

At a recent meeting of the Marina Chamber of Commerce Parade Committee, plans were made for Marina's Sixth Annual Parade and Celebration to be held on April 28.

Fund raising activities will be as follows: posters created by members of the art class of the Los Arboles Junior High School; collections gathered in jars placed in local business establishments; a flea market, bake sale and a car-wash will be held.

A sponsor is needed for the Black Raven Pipe Band, a Scottish Bagpipe unit. Any organization wishing to sponsor this band's transportation in the amount of \$200 is asked to get in touch with Parade Chairman Robert Robbins, P.O. Box 87, Marina, Ca. Individuals, groups or bands willing to donate their talent for the day's activities, please contact Steve Lopez at 384-8400. Any group or organization wishing to set up a booth (for food, drinks or games)

may contact Don Girard at 384-8751. The price per booth will be \$15 or two or more for \$25. Booth space is limited and will be signed out on a first come, first serve basis. Street vendors will be charged \$15 each for a permit fee, two or more \$25.

REACT Radio Club, under the direction of Marvin Green will be providing the communication (walkie-talkie, PA sets, etc.).

Mr. Carl Barber, historian for this year's event plans a booth where photos of old Marina will be exhibited. Anyone having pictures of interest, contact Mr. Barber at 384-9389.

This year's parade will be judged by the Pacific Coast Judges Association, formerly known as All American Judges. Trophies to be awarded will be of the Star Spangled Banner type keeping in theme with the slogan "America the Beautiful."

BUSINESS OF THE WEEK



THE SEASIDE POST & NEWS SENTINEL visited Consolidated Tire Warehouse, 2033 Del Monte, Seaside, where we found all kinds of tires, ranging from cars to trucks. They specialize in the new 50-60 series of Mags. Extra Special benefits can be obtained on the new Steel Belted Radial Tires with a 40,000 mile guarantee. Con-

solidated also has a special on wheel alignments and brake repairs. Open daily, Monday through Saturday from 8 a.m. to 6 p.m. Consolidated also has the Hertz Truck Rentals and can provide you will all kinds of small to tractor-trailer trucks. They are prepared to fill your every need in the automotive business.

Watergate Prosecutor Gets Information Of Unlawful SBA Actions

Evidence of improper political interference with the operation of the Small Business Administration

Get State Tax Help April 2, 3

A representative of the Franchise Tax Board will be in Monterey on Tuesday, April 2 and in Salinas on Wednesday, April 3, to assist taxpayers in completing their California personal income tax returns. Taxpayers who have questions or problems with their State return may obtain assistance on April 2 at City Hall, 550 Pacific Avenue, between 8 a.m. and 5 p.m. Californians with 1973 adjusted gross income above \$3,250 if single, and \$6,500 if married and filing jointly are required to file a State return.

Martin Huff, Executive Officer of the Franchise Tax Board, suggested that taxpayers who expect to file their returns at this office should bring the form which they received in the mail which bears the gummed label prepared by the department. This label, if used, will expedite processing and the issuance of a refund if one is due, said Huff.

Further, those individuals who may qualify for the special renters credit, but who do not have a California personal income tax liability, may receive assistance in filing their claim. Huff suggested that taxpayers who are expective a refund should mail their return early to P.O. Box 13-540, Sacramento, CA 95813.

State and Federal forms are now available at the Board of Equalization office, but assistance may be obtained only at the time and day specified.

has been turned over to special Watergate prosecutor Leon Jaworski, Sen. Alan Cranston, D-Calif., said recently.

Cranston, chairman of the Senate small business subcommittee, said staff investigators found political pressure had been placed on minority businessmen who had received SBA loans and contracts.

This included a letter written to all minority SBA recipients in 1972 urging them to contribute to

President Nixon's re-election campaign, he said. Cranston said the letter was written by the Wallace and Wallace Oil Co. of New York City.

He said the SBA was also on a white House List of contacts in various government agencies as part of "operation responsiveness" which Cranston said was designed to make sure "the right person got the money" in government contracts.

Cranston said the findings were turned over to

the Senate Watergate committee which, in turn, interviewed witnesses involved and turned their testimony over to Jaworski.

SBA Administrator Thomas Kleppe, appearing before the subcommittee on a matter affecting the Agency's lending powers, denied that SBA loans or contracts were awarded for political reasons.

Cranston asked him if any SBA contracts had been first cleared through the White House. "No," responded Kleppe. "And there never was any contact between the SBA and the Committee to Re-Elect (the President)."

Minority contractors in the Bay Area have reported being victimized by members of the Committee to Re-Elect the President in 1972, and much of the testimony received by Cranston came from contractors in California.

New Connection Is Seaside's New Detox Center

The New Connection is Seaside's newest heroin detoxification center. Part of the Monterey Peninsula Youth Project, the New Connection is an expansion of the heroin detoxification program that used to operate out of the Aquarian House in Monterey. At present the New Connection is operating on an out patient basis. In the near future, an in patient program will be added to the existing program.

There are seven counselors, one director, and a vocational development counselor operating out of the New Connection. The director, Ellis Humphrey,

set up and directed Terros, a detox program in Phoenix, Arizona for a year and a half before moving to Seaside. The other counselors have all been involved in other drug programs ranging from New York to Seaside. Nathaniel Marcellous, Jr., the Vocational Development counselor, work in Vocational Development for the state in Oroville, California.

The New Connection is located at 1001 Elm Street. At present the hours of operation are from 9 a.m. to 5 p.m. Monday thru Friday. There is a twenty-four hour phone service at 899-4131.

Now Is Time To File Exemptions

The time for filing of homeowners' and veterans' property tax exemptions is now under way, according to Monterey County Assessor Donald P. Stewart.

Stewart says that the requirements for receiving the homeowners' exemption are relatively simple. The property upon which the exemption is claimed must have been owned by the applicant on March 1, 1974, and must also have been his principle place of residence at that time. The exemption does not apply to vacant or rented property. In addition to single-family residences the exemption may apply to mobile-home sites upon which a mobile home is located as the owner's principle place of residence. It also applies to owner-occupied apartments. Stewart emphasized that the application form must be filled out completely and returned to his office no later than April 15 to qualify the homeowner for the full exemption.

To file for veterans' \$1,000 exemption, the applicant must have either entered the service from California initially, or have been a legal resident of California on November 3, 1964. In addition, he must have served on active duty in the armed forces during a time of war, as specified for this purpose, or have been discharged from peacetime service because of a service incurred disability. When filing for veterans' exemption for the first time, evidence of qualifying service, such as an honorable discharge and service record, must be submitted in person to the assessor. Subsequent filings can be made by mail. Neither the applicant nor his wife may own "property of the value of \$5,000 or more", and receive the exemption. For this purpose, the assessed value of taxable property and the actual value of non-taxables such as stocks and bonds, money in the bank, automobiles,

etc., are used to determine the applicant's total value.

Steward also stated that if a qualified veteran owns property in addition to his home (for example a summer cottage or a boat) he should file for the Homeowner's Exemption on his home and the Veteran's Exemption on his other property. In this way he will receive the benefit of both exemptions. He may not, however, receive both exemptions on the same property.

Steward said that the laws concerning both of these exemptions are getting more and more complex. Anyone with a question regarding exemptions is invited to call the Assessor's Office at (422-4756 in Salinas or 372-7395 in Monterey) or to come into the office at (the courthouse on Alisal Street in Salinas or at the courthouse annex on Aguajito Road in Monterey), or write to the Assessor's Office, P.O. Box 570, Salinas, Attention: Exemption Department.

Chamber Meeting Is Tonight

The first Quarterly General Membership Meeting of 1974 for the Seaside Chamber of Commerce will be held at the Seaside American Legion Post 591 on Wednesday, March 20, at 7 p.m. No-host cocktails will be served from 6 p.m.

The highlight of the evening will be an in-depth briefing on the status and activities of Fort Ord as presented by Col. H. H. Braunstein, Chief of Staff, and Major J. D. Coleman, Information Officer. This presentation is constantly up-dated and should help business people in making decisions for the coming year.

Anyone interested in attending should phone the Seaside Chamber at 394-6501.

FACES AROUND THE BAY



SHOWING VERSATILITY of new Steel Belted Radial Tires is Don Andrews (l.) fitting Seaside Manager John Sullivan with his new collar. Don is originally from New Jersey and now makes his home in Pacific Grove. John came to Monterey Peninsula from New York City, and he, like Don, has his home in Pacific Grove. He has been in Monterey Peninsula for over seven years. He has been new manager only two weeks. Consolidated Tire Warehouse has its headquarters in Soquel, Ca. and will be soon opening a Salinas store for your convenience.

Mary Ellen

Mary Ellen / Social Editor

WOMAN OF ACHIEVEMENT

Alberta H. Ward of Monterey has been chosen by the Fort Ord Business and Professional Women's Club as nominee for the California BPWC's Woman of Achievement Award.

Her qualifications will be judged with those of other Peninsula District candidates at the organization's Winter Conference. District finalists will compete for State and National recognition.

Ms. Ward is a personnel staffing specialist employed by the Department of the Army, Fort Ord, and has held various administrative, supervisory, and personnel management positions in the United States and overseas during her Federal Service career. Selection for this recognition was based upon her successful, dedicated effort in achieving personal career goal reflecting upon the image of women in business; and contribution to "women helping women" by providing employment advice, assistance and coordination of special programs for women and other minorities, and the handicapped.

Ms. Ward is currently First Vice President to the Fort Ord Business and Professional Women's Club (the largest chartered Business and Professional Women's Club on any military installation), and is active in the Monterey and Salinas Valley Chapters of Employ the Handicapped.

AT POLY

A young woman from Monterey was crowned queen of Black Heritage Week festivities at Cal Poly of San Luis Obispo, during a pageant recently held in Cal Poly's Chumash Auditorium.

Barbara White, daughter of Mrs. Yzetta White of Monterey, reigned over a full week of activities. She is a freshman, majoring in business administration at the university.

She was featured wearing African, casual, evening and lingerie clothing along with other men and women models during a fashion show which the public was invited. Miss White was honored during a concert in the Men's Gymnasium, which featured the talents of Earth, Wind and Fire. A series of films were shown in Chumash Auditorium, including a Bill Cosby film on prejudice. San Francisco Giants' outfielder Bobbt Bonds was guest speaker in Room 207 of the Julian A. McPhee University Union, Cal Poly.

Barbara, a 1973 debutant, was presented in April 1973, during the Monterey Peninsula Cotillion League's annual Debutant Ball, where she was named "Miss Congeniality". She is also a '73 graduate of Monterey High School.

THREE WAY BIRTHDAY

Mr. Willie J. Evans, Mrs. Frank (Emma) Washington and Major Samuel (Pete) Britton, celebrated their birthdays together during an elaborate party held in the beautiful, large home of the Evans recently. Each lady entering the spacious foyer was presented a beautiful corsage.

A capacity crowd of friends and relatives were present to wish the three honorees "many more," and enjoy the hospitality of their hosts and hostesses. It was also a thrill for the guests to observe the opening of the many birthday gifts, and munch and enjoy a variety of foreign foods, in addition to various scrumptious hors d'oeuvres.

Evans, married to Frederica and resides in Seaside, returned from the United States Army after spending more than 20 years of honorable service. Mrs. Washington, an elementary school teacher at Patton School, MPUSD, Fort Ord, has two children and also resides in Seaside. Major Britton, husband of Vivian and father of two children, is Post Human Relations Officer, Fort Ord.

Out of town guest attending were Mr. and Mrs. John Simms of Oakland, Mr. John Buchanan and Mrs. Mary Mike of San Jose and Mr. and Mrs. Harry J. Woods of El Sobrante.

Assisting as hostesses were Mrs. Richard Woodie and Miss Betty Sapp, both of Seaside.

Seasider Earns Eagle Scout Honors

Marty Clem, 15 year old Seaside youth, became the 20th Eagle Scout of Troop 35, which is sponsored by American Legion Post #591, at a court of honor held Feb. 20. Gavin Work, 1916 Mendocino, is the troop scoutmaster. Marty's parents are Mr. and Mrs. William Clem, 1975 Military Avenue.

Marty has been active in Scouts since he became a Cub Scout eight years ago. He has held every possible office and is not Senior Patrol Leader of Troop 35. He has been a member of Order of the Arrow for three years and has participated in two White Stag leadership training camps. In August, 1973, Marty attended Jamboree West at Farragut, Idaho as patrol leader of provisional Troop 25-1.

When you have finished with your copy of The POST, pass it on to a friend or relative.

In August, 1973, Marty received the Protestant God and Country Award. This year he has been nominated as the local candidate for the Legion Scout of the Year Award.

Seaside POST & News-Sentinel
Vol. 28, No. 14

The Seaside POST-News Sentinel, Monterey Publishing Company, 510 Broadway, Seaside, is a controlled circulated newspaper of General Circulation, reaching 15,000 homes in the Monterey Peninsula area.

Celebrating its 27th year of circulation, the Seaside POST-News Sentinel services the communities by being an unbiased publication.

Its staff consists of: Thomas L. Berkley, Publisher; Thomas Nash, Manager.

The editorial policy to The Seaside POST Newspaper is expressed on the editorial page only, under the by-line of the Publisher, Attorney Thomas L. Berkley.

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Route 1 To Be Widened

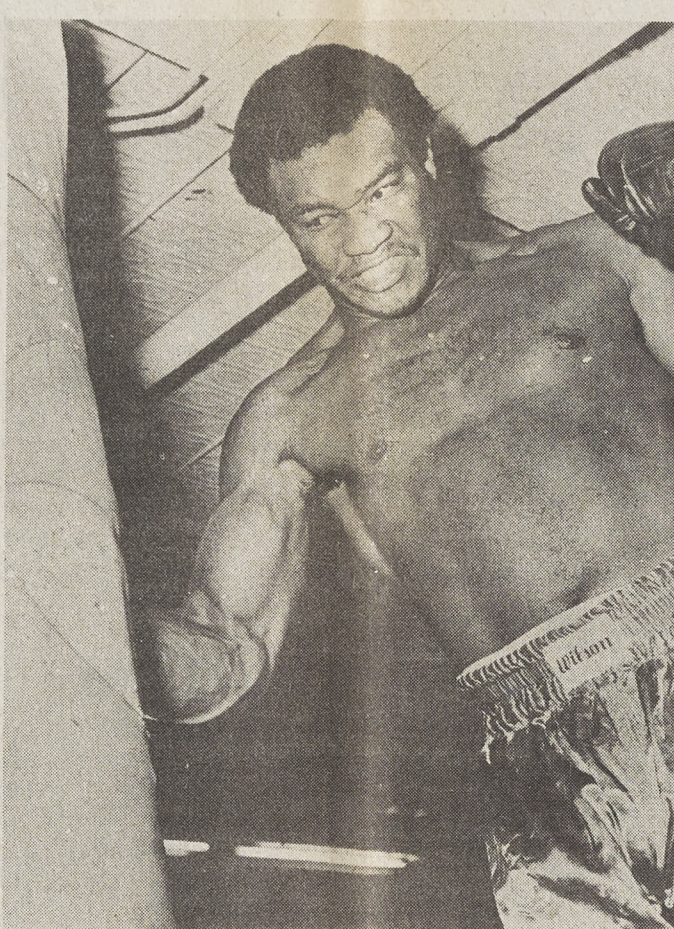
A portion of Route 1 near Carmel will be widened to provide left-turn lanes, according to bids being called by the California Department of Transportation (CALTRANS).

Left-turn lanes will be constructed for northbound traffic onto Valley Way and Third Avenue, and for both directions of travel onto Stewart Place.

Third Avenue, Valley Way, Valley Place, and Stewart Place intersect Route 1 at about the same location, which complicates turning movements. The eastern and western legs of Stewart Place are offset by about 40 feet.

Work limits extend from Ocean Avenue to Valley Way.

Bids will be opened March 27 in Sacramento. Approximately \$43,000 is available for the project.



DIRECT HIT -- World Heavyweight Champion George Foreman will defend his crown against Ken Norton on Tuesday, March 26 in Caracas, Venezuela. The 15 round or less bout will be beamed into Palma High School Gym in Salinas beginning at 6:30 p.m. Ticket prices are \$9 and for Servicemen with I.D., \$7.

Churchmen Hit Police Computer Banks As Threat To Civil Rights

Reverends Robert Diskin and John Carmichael of the Church of Scientology in San Francisco arrived here in the Monterey Peninsula area March 14 as part of a 2,000 mile tour throughout Northern California. Their visit here "was part of the program of the church's National Commission of Law Enforcement and Social Justice," stated Diskin. "We are alerting citizens here to use of computers and unverifiable material fed into them by law enforcement agencies. We are also conducting an investigation into who is responsible for false reports fed into data banks and the pattern behind releasing this information."

The March issue of Freedom which the churchmen distributed in the Monterey area, hits particularly hard at Interpol. The journal points out that Interpol is not a governmental, but private organization which has access to information from

ONE-LINER

On being presented with the award for Best Original Motion Picture Soundtrack at the recent NAACP Image Awards Ceremony, busy Willie Hutch pleased with this short speech: "When I was a kid I had a dream. Thank you for making this dream come true."

police agencies in 114 dues-paying countries. Says Diskin "police records, like credit records should be available to citizens so that false information can be eliminated before it is spread from a local to a federal and even international level. Presently this is impossible and lives, livelihoods, and reputations can be ruined through massive data collection and distribution without inspection by citizens or citizen groups".

The church Commission on Law Enforcement and Social Justice is presently asking citizens in the Monterey area to forward facts about any person who has ever been falsely charged by a police agency or who has knowledge or reason to believe that he is or has been the victim of falsified records which have been used against him to write to the Editor, Freedom, 5930 Franklin Ave., Los Angeles, CA 90023.

Diskin concluded "In talking to people here we have alerted many to this dangerous situation and hope that we can get control of this mania for collecting and storing huge amounts of data on citizens without them knowing what is being stored away about them. We are also supporting those here who would like to see a law passed in California similar to that which exists in Massachusetts, where a citizen has the

opportunity to see and correct any files which are kept on him by police and other agencies."

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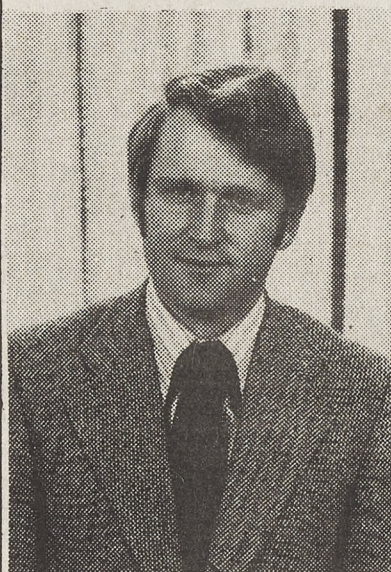
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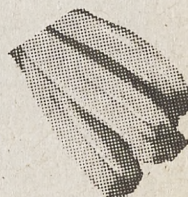
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5¢ bunch

Green Onions

all green



5¢ bunch

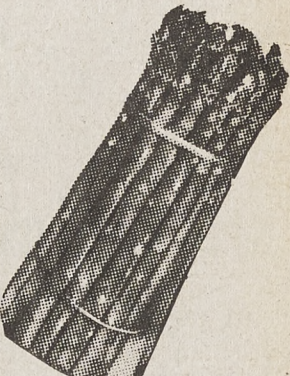
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5¢ basket

Asparagus

vine ripened



29¢ lb

Spinach

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10¢ ea

Potatoes



20 lb bag
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HELPING HAND — Children of Operation Shoestring, day care center for preschoolers, enjoy wheel toys which were presented to center by American Legion, Post #591, 1001 La Playa, Seaside. Representatives of American Legion, Leo Woickowski (l.) and Chris Perry (r.) present variety of wagons, trucks, tricycles and other wheel toys to Rev. H. H. Lusk.

Maid Of Monterey Contest Is May 18

The eighth annual Maid of Monterey County pageant will be held on May 18, during the Salinas Valley Fair.

"Contest entry forms will be available thru April 25," states Kenneth Funk Salinas Valley Fair entertainment director.

The contest is open to any young woman between the ages of 17 and 25 who has never been married and who has resided in Monterey County at least one year. No talent is required for the competition.

Contestants will be judged on poise, beauty and personality. The fair will furnish the competition swim suits used by

the contestants during the pageant judging.

Maid of Monterey County for 1973, Penny Short, will crown the winner. Also present for the event will be Karon Hughes Nichols, 1968 Maid, and Joan Riva, 1972 Maid who are in charge of pageant planning. They also will assist the contestants at the two rehearsals planned for May 2 and 9 in Salinas and the dress rehearsal in King City on May 15.

Three runners-up will be chosen in addition to the Maid of Monterey County. The Maid will represent Monterey County at the Maid of California contest in Sacramento in August.

She also will win \$100 in cash a charm school course and the all-expense paid trip to Sacramento for herself and a chaperone.

The pageant will be held at 4 p.m. on Saturday, May 18, in the entertainment pavilion on the fairgrounds.

Funk states that applications may be obtained from the Salinas Valley Fair Maid Pageant, P.O. Box 818 King City, Calif., 93930. Contestants also may call the fair office, 385-3243, to obtain an application.

When you have finished with your copy of The POST, pass it on to a friend or relative.

'Walk For Mankind' April 6

Officials of the Monterey Peninsula Project Concern Committee have announced that the 1974 MP Walk For Mankind will be held on Saturday, April 6. Linda Keller, director of the event, stated that "the goal of the Walk is to raise funds for Project Concern, the international health organization that provides a full range of medical and dental services to impoverished peoples both in the United States and abroad." Project Concern was founded in 1961 by Dr. James W. Turpin and has grown from one man's dream to serve over 500,000 annually.

The Peninsula Walk will cover approximately 20 miles through the cities of Monterey, Seaside, and Pacific Grove, starting at the Monterey Youth Center in El Estero Park. Walk participants are sponsored by their friends and relatives for their efforts, and 20% of the funds each raises by walking can be designated for local charity. Residents throughout the Peninsula are urged to participate.

For further information regarding the Walk or the Project Concern organization, please contact Linda Keller at 373-5500, or write to Walk For Mankind, 833 Abrego Street, Suite A, Monterey, 93940.

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Obituaries

EARL EDWARD ROOD
Earl E. Rood of Seaside, March 8, 1974. Beloved father of Ralph E. Rood of Seaside; Genieva Mooney of Livermore, California; and Dennis Rood of Seaside. Loving brother of Roy Rood of Seaside; William Rood of Watsonville; Irene Wally of Fresno, Martha Preston of

Fresno; Mertel Dehass of Oregon; Nora Carlton of Fresno; Edith Gutterman of Seaside; and Jessie Smith of Santa Rosa, California. Loving grandfather of 3 grandchildren.

A native of Lusk, Wyoming, age 64 years, he was a member of the Salinas Moose Lodge. Prior to his retirement, he worked as a construction plasterer.

Services were held on Tuesday, March 12, 1974 at 2 p.m. at the SEASIDE MORTUARY, 1610 Noche Buena St., Seaside, with Pastor Hugh J. Morgan of the First Southern Baptist Church of Seaside officiating. Private in-

terment followed at Michael R. Sonnenberg Mission Memorial Park. Funeral Director. For further information on arrangements by please call 394-0338 SEASIDE MORTUARY



Michael Sonnenberg and his wife, Gail, personally will help you with funeral arrangements.

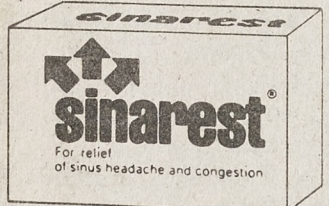
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Michael R. Sonnenberg, Director

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2. Examine and clean the heating system thoroughly each fall. Clean or replace dirty filters that make the furnace work harder to heat your home.
3. Keep all exterior doors—as well as those to garage, attic and basement—tightly closed. Lost heat is a waste of energy and money.

4. Check your insulation and weatherstripping can cut heating costs up to 45%. Older homes may need new or additional insulation for adequate protection.

5. Open shades on sunny days to help warm you naturally. Close shades over large glass areas at other times; this can save up to 16% of heat loss through windows.

6. Close damper when the fire place is not in use so that the house heat won't escape up the flue. These are just a few of the many ways you can conserve energy.

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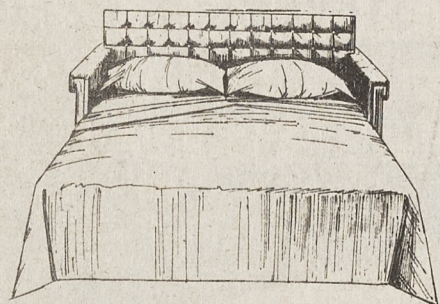
656 Broadway

394-0338

Seaside, CA

Bargain Sales this week

Hid-a-beds



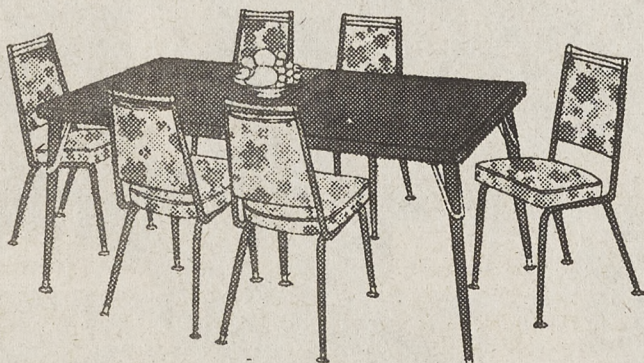
\$159⁹⁵

Swivel Rocker

\$177⁹⁵

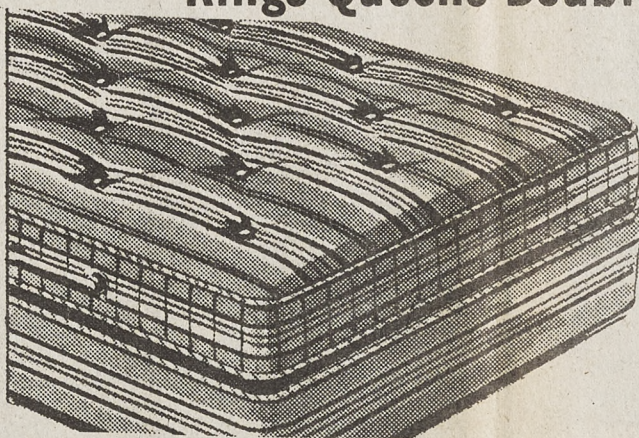


Dinette 7-piece set

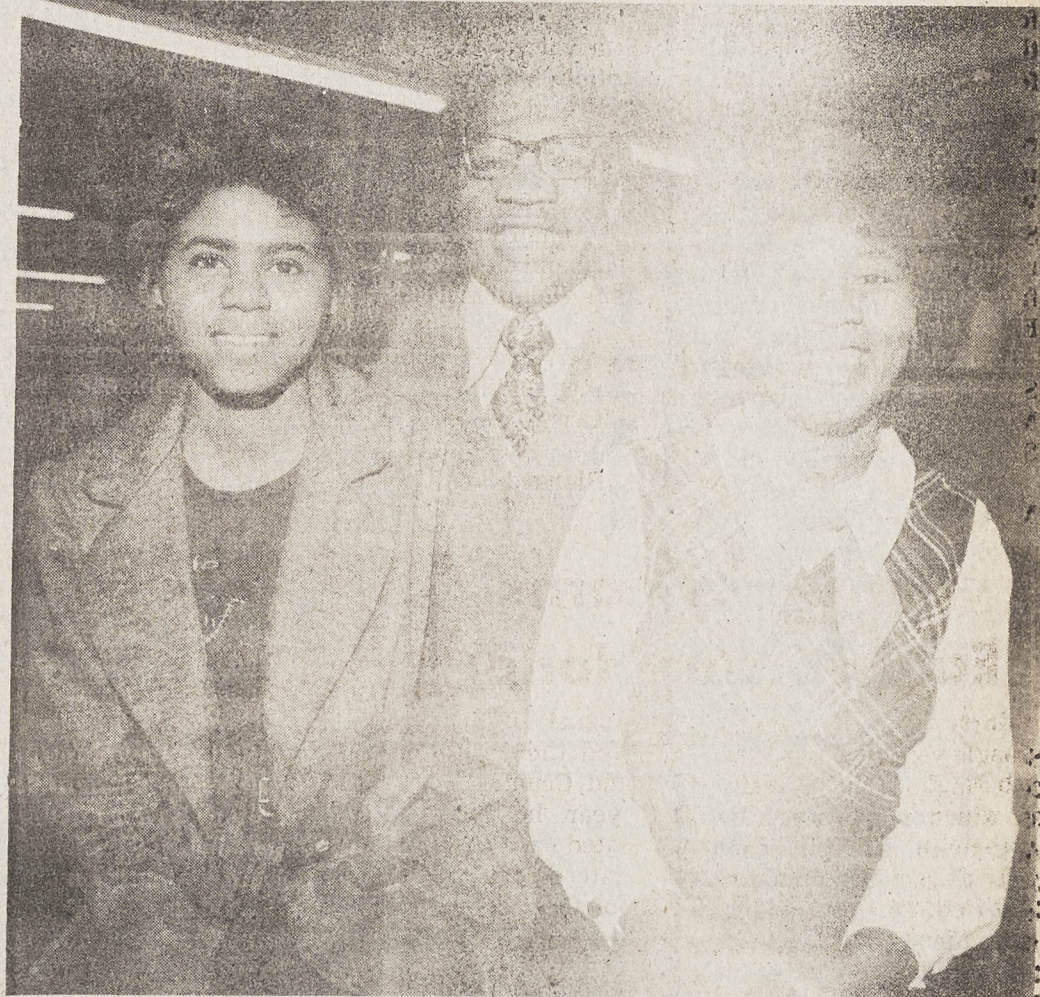


\$199⁹⁵

Used Box Spring & Mattress Set Kings-Queens-Doubles-Twins

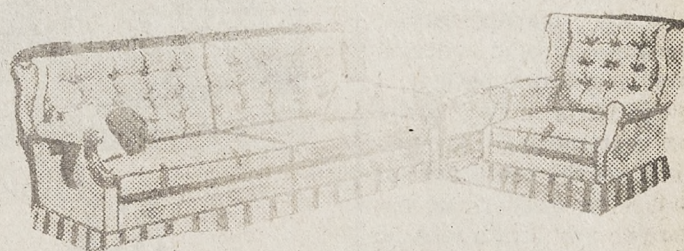


While they last only \$47⁵⁰



2 pc. Couch and Chair

\$249⁹⁵



5-Piece Glass Top Game Table

\$356⁰⁰

Used Headboards

\$9 each

We cater to military

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MONDAY — SATURDAY 10 a.m. - 7:30 p.m.

SUNDAYS 12 noon - 5 p.m.

Free Delivery Services

My Philosophy

by Tom Nash

Every person has his own guidelines that he follows religiously. Here, then is mine:

If I have passed through this whole life
Going to my resting place
Not doing things to ease the strife
And strain showing on my face.

If I have not done what e'er I can
During eons of bad weather
To ease the pain of my fellowman
To help him get it together.

If I cannot smile when hurt with pain
And cannot laugh when sad
And cannot, my evil thoughts, contain
Reliving all the bad.

If I cannot hope for anything good
To happen to you my friend
And have to knock each day on wood
Fighting against the end.

If I must hold my head to shame
And live each day in disgrace
Afraid to even hear my name
Afraid to go any place

If I must lie for the hell of it
In this world to get ahead
If I can't do things and think well of it
I'd just as soon be dead.

IWC Revises Work Rules

The State Industrial Welfare Commission (IWC) announced recently its revised regulations affecting nearly 5,000,000 California workers.

The regulations, contained in separately titled IWC orders for 11 industries and three occupations, generally will do the following:

- * Regulate hours of work, overtime pay, and working conditions;
- * Protect minors, women, and, for the first time, men, as to certain working conditions, such as providing seats, change rooms, meal periods, and rest periods;
- * Exclude overtime coverage for workers exempted under the Federal Fair Labor Standards Act (FLSA).

The IWC orders are scheduled to become effective June 1.

Some of the Commission's orders for the first time permit a workday of ten hours before overtime pay is earned. Overtime, where provision for such is made, must be paid after 40 hours work per week unless the FISA exemptions apply. Commission orders, in effect since 1968, and protecting only women, have required overtime pay after eight hours of work in a single day and 40 hours in a single week.

As now revised, IWC orders keep the eight-hour work day in (1) the canning, freezing, and preserving industry; and (2) the motion picture industry, except under emergencies and other special conditions.

The ten-hour work day, however, will not be permitted in the following industries: manufacturing; personal service; professional, technical, clerical, and mechanical; public housekeeping; laundry, linen supply, dry cleaning, and dyeing; mercantile; transportation; amusement and recreation; and broadcasting.

The revised IWC order for agricultural occupations and the new order for household workers do not provide any limitations on hours or for overtime.

Minors (under 18 years of age) are limited under the IWC orders to eight-hour days. They cannot be required to work before 5 a.m. or after 10 p.m. except on nights preceding a non-school day, unless they are enrolled in State-approved work experience education programs.

Provisions in IWC orders requiring couches in rest-

rooms have not been carried over into 1974 revisions which must apply to all adult workers.

Most employee health and safety provisions, enforced by the IWC orders since 1916, are dropped in the 1974 revisions. The California Occupational Safety and Health Act now pre-empts the field as the result of legislation adopted in 1973.

7 WAYS TO PLUG FOR ENERGY CONSERVATION.

You'll save energy if you follow these suggestions:

1. Turn off all lights that are not essential.
2. Lower your furnace thermostat to 68 degrees.
3. Use full loads in dishwasher and clothes dryers.
4. Set your water heater to "normal" or 140 degrees.

5. Turn off TV sets when they're not being watched.
6. Defrost your refrigerator before frost becomes 1/4" thick. Thick frost reduces your refrigerator's cooling ability and makes it run inefficiently.
7. Be sure your range and oven are turned off when not in use. These are just a few of the many ways you can conserve energy.

PG and E
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After Sitting Fee, Each
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5 x 7 \$3.00
3 x 5 \$1.00
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Location Cost Fees \$19.00
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Seaside, CA
394-1077

Portraits
Passports
Babies
Family
Weddings

C of C Progress Report

Community Relations --

The last meeting of the Civic and Social Affairs Committee on March 6 centered upon the involvement of the Chamber in Planning, Improving Image of Seaside, Security, Bus Transportation, Commission on Aging. The work of the Crime Abatement Committee was discussed, along with the suggestion that the Police and Fire Departments are willing to put on a lecture about security and fire protection. This was recommended to the Membership Committee, which will consider this as the next General Membership Meeting topic.

The Seaside Chamber has invited the Board of Directors of each of the Chambers on the Peninsula to a luncheon at Toppers on Friday, March 22, to become better acquainted, to present our programs to each other and to discuss Military Appreciation for the Peninsula.

Publicity and Public Relations -- We have received several good reports in the paper, including a picture on the Society Page of the Herald (a first). The President of the Chamber and the Executive Director have made many appearances at local clubs and organizations representing the City and the business community.

Business Development -- Some Chamber time has been devoted to researching the mini-bus in Pacific Grove. We have compiled all the pertinent data which might help if such a program were possible for Seaside. After talking to our City Manager, we will be attending the JPA meetings to have a more

complete idea of the plans and procedures that the cities are discussing and how they relate to Seaside.

Many requests for information about Seaside (statistics and data) are answered by the Seaside office. We also help the innumerable Seaside residents who are taking Real Estate classes at MPC and need information on appraisals, etc.

Public Service -- The Chamber is definitely the service center of the City. A typical day can include

phone calls and visits from people with a wide variety of problems, including where to get gas for their autos, where to register to vote, how to get a job in this area, rentals, consumer complaints, tourist information, schools, churches, organizations, etc., etc. The Chamber keeps a complete list of informational data that is truly appreciated by the people who come by.

Advertise in The POST!

by Verlaine Crawford

The following is a brief summary of activities of the Seaside Chamber of Commerce during the past month.

Member Relations -- Several new members have been added to the Chamber roster. We are busy compiling a complete list of prospective Chamber members on charts so that we may proceed to bring in more Seaside businesses. So far we have heard no complaints about the increase in dues. Renewals continue to come in to the Chamber.

The first quarterly General Membership Meeting is scheduled for Wednesday, March 20, beginning at 6 p.m. with a no-host cocktail mixer and followed by a briefing by Fort Ord Chief of Staff Col. Braunstein and Maj. Coleman of the Information Office. This should be a good opportunity for the members to meet and to get a good understanding of what is happening at Fort Ord. Commanding General, Maj. General R. G. Gard will also be present for the Briefing and to meet the businessmen of Seaside.



ROYAL BEAUTY SALON
1250 BROADWAY,
SEASIDE 394-7602
During this Special —
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Ida specializes in all
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FREE consultation on Hair Weaving, a method of combining commercial hair to natural hair.

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PERMANENT WAVE SPECIAL \$15.00
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SHAMPOO PRESS AND CURL \$5.00 and up.

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Come in and See Mike
Any type of car you want is available
Toyota, Datsun, Mercedes

'69 Ford Mustang
A 6 cylinder engine together with a standard 3 speed manual transmission makes for super fuel economy. Lic. OSZ 287

Only \$1295

'69 Charger
Green with white vinyl top, automatic, radio, heater, power steering.
Lic. 371 AMY

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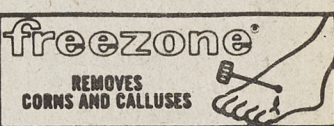
1953 Jeep
Runs Like New
Looks Like Hell
\$795


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DEPENDABLE USED CARS FROM
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FRANKLIN & WASHINGTON
DOWNTOWN MONTEREY 373-1268

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Breakfast, Lunch, Dinner
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Creamed Beef on Toast with
Hash Brown Potatoes **ONLY \$1.65**

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OPEN ROAD, now the nation's number one manufacturer of luxury recreational vehicles, proudly announces a sensational new financing program exclusive to military personnel.

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OPEN ROAD CENTRAL offers excellent service facilities and a complete line of recreational vehicle accessories -- and a loan car FREE during periods of service on units purchased from OPEN ROAD CENTRAL.

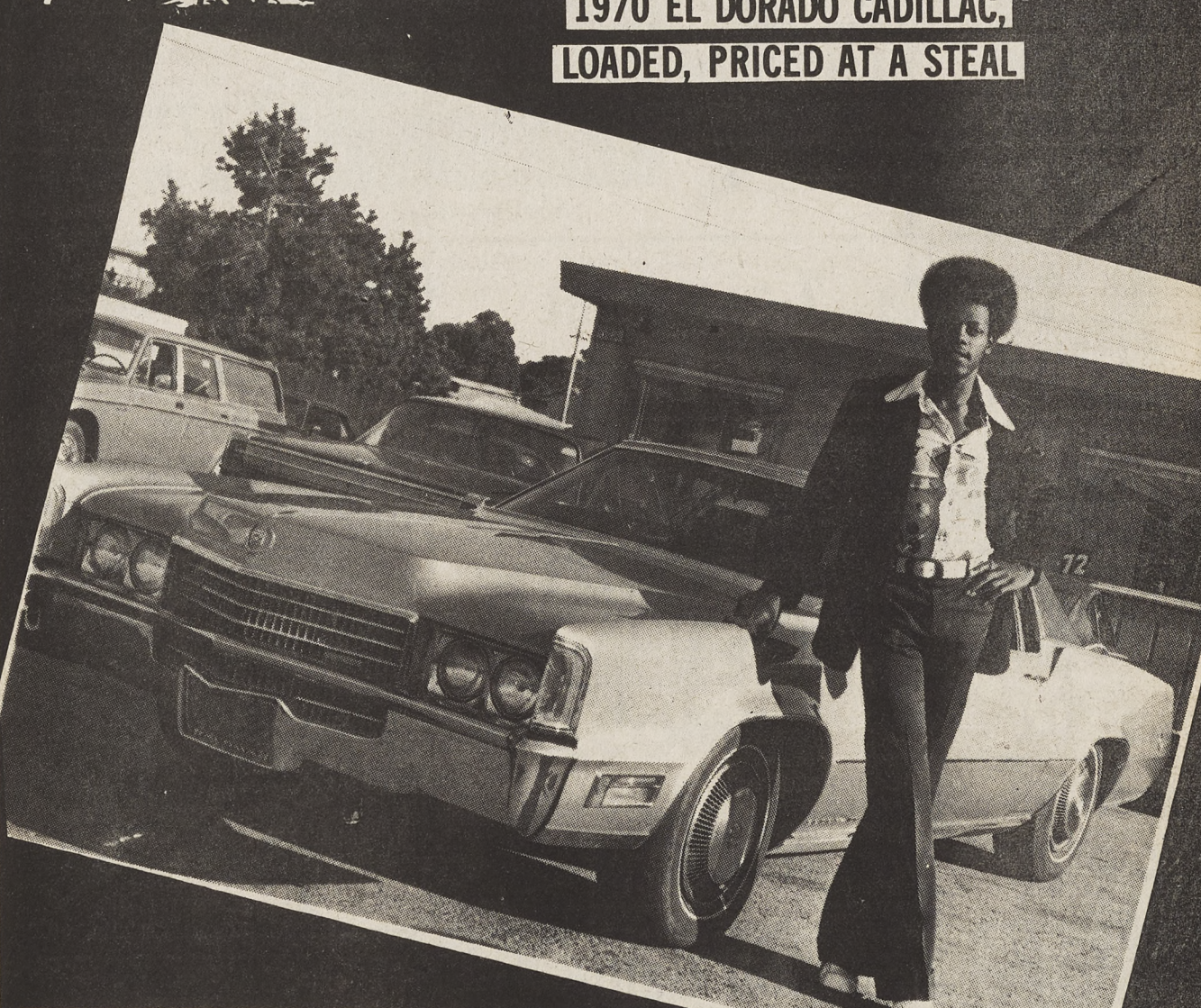
We urge you to shop other dealerships; we guarantee a better deal to our friends in the military.



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THE OTIS RAY STEVENSON SPECIAL
1970 EL DORADO CADILLAC,
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Seaside, CA 93955
899-3771 899-3772

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Bait, Worms, Canadian, African night crawlers, Brown nose, Squid and Anchovies. Available 24 Hrs. Please call first, between 7 pm. & 8 am. AL's BAITS, 340 Livery, Marina. 384-8953. (S-25-1)

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Think no one listens?
We do - We CARE.
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ATLAS PAWN SHOP

FRANKLIN... AT ALVARADO
Monterey 375-7072

We do Hauling and Clean up jobs. Call and ask for Claude or Dave at 375-1809 or come to 160 Monterey Ave., Apt. D, Pacific Grove.

Pets

GROOMING & BATHING! All Breeds. Complete Pet Shop. Reasonable prices. Grooming on the peninsula for 7 years. KIMBERLY PET SHOP, 1280 Fremont Blvd., Seaside. 899-2955

Help Wanted

TRAINEE/
Free Training
Counseling, child care & job placement assistance.
O.I.C.W., 1100 O'Brien Drive, Menlo Park
322-8431, Ext. 53

Immediate openings for Field Wireman Trainees. High School graduates preferred. 18-34. Must be willing to relocate, good starting salary, many benefits. Call Army Opportunities.

Seaside Disposal Service

*Extra Hauling *Reasonable Rates
Phone 394-1505

G.I. Auto Insurance

*All ages & ranks - monthly pay *Post sticker today
George R. Shorey & Assoc.
1640 Del Monte Blvd., close to Ft. Ord, Seaside 899-2706

TRANSPORTATION CHARTERED LIMOUSINE SERVICE INC.

One to five passenger chauffeured driven Lincoln Continentals and Cadillacs. Also 14 passenger stretchouts.

PERSONALIZED TOURS
WEDDINGS-ALL AIRPORTS
CALL 394-6519

The PEDDLER

Seaside POST News-Sentinel, Wed., March 20, 1974, Page 5

Help Wanted

TEXAS REFINERY CORP. offers PLENTY OF MONEY plus cash bonuses, fringe benefits to mature individual in Monterey County area. Regardless of experience, airmail, A. T. Pate, Pres., Texas Refinery Corp., Box 711, Fort Worth, Tex., 76101.

Immediate openings for Parachute Rigger Trainees. High School graduates preferred. 18-34. Must be willing to relocate, good starting salary, many benefits. Call Army Opportunities.

TEXAS REFINERY CORP. offers high income opportunity to mature individual in Seaside area. PLUS regular cash and vacation bonuses, fringe benefits. Regardless of experience, airmail, A. N. Pate, Pres., Texas Refinery Corp., Box 711, Fort Worth, Texas 76101.

Immediate openings for Cook Trainees. High School graduates preferred. 18-34. Must be willing to relocate, good starting salary, many benefits. Call Army Opportunities.

IMMEDIATE OPENINGS IN MONTEREY COUNTY

Your local Army Reserve Unit needs the skills of men with or without previous military experience for 16 hours a month and for two weeks each summer. When you join you'll earn while you learn. Plus promotion and retirement benefits. If you don't have a skill, let's talk about you learning one. For further information call 242-5620 weekdays between 8 a.m. to 4 p.m.

Immediate openings for Air Traffic Control Trainees. High School graduates preferred. 18-34. Must be willing to relocate, good starting salary, many benefits. Call Army Opportunities.

FOR SALE

All New 1974 mono power rotor mowers with 2 hp. and 3-1/2 hp. Briggs & Stratton engine. Start at \$74.95. House Of Wheels, 1276 Fremont, Seaside. 394-1331.

For Sale - Several very good used bicycles, men's and ladies' 3-speeds, 5-speeds & 10-speeds. Priced to sell. House Of Wheels, 1276 Fremont, Seaside, 394-1331.

personal

Reduce safe & fast with GoBese Tablets & E-Vap "water pills". Seaside Rexall Pharmacy, 1250 Fremont.

Peninsula Auto Wreckers pays for, also picks up your old junk autos. Call:

663-3842

375-4021

Evenings:

394-4925

To Place PEDDLER ADS Call 394-6632

Home Services

CARPET CLEANING

"The best methods at the lowest possible prices."
*Free estimates
Call Bavarian Now

373-7551

(PR. 15,22,29,5)

Real Estate

4 1/2 WOODED ACRES overlooking Trinity River, \$4,900. Owner, Box 115, Douglas City, Ca.

(916) 623-6155

Legal Notice

NOTICE OF PUBLIC HEARING
Sale of Land -
Gateway Redevelopment Project - Calif. R-102
NOTICE IS HEREBY GIVEN that the Redevelopment Agency of the City of Seaside has received an offer from the individual listed below for the purchase of parcel of land in the Gateway Redevelopment Project, Calif. R-102, which said project is located generally between Fremont Boulevard and Del Monte Boulevard, north of Broadway Avenue. It is the intention of the said Redevelopment Agency to sell the parcel of land as follows:

Parcel No.
Parcel 110-5

Proposed Redevelopment
Shigeo Yokomizo

A public hearing will be held at 8:00 p.m., City Hall Council Chamber, 440 Harcourt Avenue, Seaside, California, on March 26, 1974. All persons wishing to be heard or give testimony may be present and be heard. Interested persons may appear or present written communications which will be read and considered at said hearing. The proposed Disposition Agreement is available for public examination at the Agency office, 1600 La Salle Avenue, Seaside, California. Office hours are from 8:00 a.m. - 12:00 noon, and 1:00 - 5:00 p.m., weekdays. The Agreement will also be available at the Hearing. The proposed Redeveloper has filed with the Agency a Redeveloper's Statement for Public Disclosure which is posted and available for public examination at the Agency office during regular office hours.
Dated: March 11, 1974.

REDEVELOPMENT AGENCY OF THE CITY OF SEASIDE
By: Harold J. Camacho,
Executive Director
(3/13 and 3/20/74)

Legal Notice

NOTICE OF TRUSTEE'S SALE
T.S. No. 73-14111

On April 24, 1974, at 2:00 P.M., FEDERAL NATIONAL MORTGAGE ASSOCIATION as duly appointed Trustee under and pursuant to Deed of Trust dated: April 21, 1971, recorded April 30, 1971, as inst. No. G12498, in book 700, page 376, of Official Records in the office of the County Recorder of Monterey County, State of California, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States) at the Church Street entrance of the Monterey County Courthouse, in the City of Salinas, California, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as:

Lot H, in Block 155, as shown on the map entitled, "MAP OF TRACT NO. 586 OFFICIAL MAP HANNON PROJECT UNIT 1", filed for record February 24, 1969 in the office of the County Recorder of the County of Monterey, State of

California, in Volume 10 of Maps, "Cities and Towns", at page 3.
The street address and other common designation, if any, of the real property described above is purported to be: 1619 Waring Street, Seaside, California 93955.
The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.
Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, to-wit: \$17,437.04, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.
The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.

Legal Notice

Legal Notice

debtedness secured by said Deed of Trust, or any other person may purchase at said sale.

DATED: March 18, 1974.
COAST COUNTIES INVESTMENT COMPANY
By: Olga Rowland,
Secretary
(3/20, 3/27, 4/3, 4/10/74)

Fifth Symphony Concert Is Sunday

The Monterey County Symphony Orchestra under the baton of Haymo Taeuber, will present the fifth in the series of concerts Sunday, March 24 at Monterey Peninsula College Gym-Auditorium, repeating the performance Monday evening, March 25 at Sunset Auditorium, Carmel and Tuesday, March 26 at Madonna del Sasso Church, Salinas. All performances are at 8 p.m.
Valentin Gheorghiu, Romania's "most brilliant pianist" is featured in Rachmaninoff's "Rhapsody on a Theme by Paganini" with the Orchestra. Critics have praised Gheorghiu as a "virtuoso without peer" in performances in the world's major capitals. In a recent concert presented by Monterey Peninsula Chamber Music Society, Gheorghiu performed as

part of the Romanian Trio and the review acclaimed his mastery of tone and technique.

Of interest to the local community is the opening work, "A Lincoln Portrait" by Aaron Copland with David Hughes as Narrator. Mr. Hughes is Executive Vice President of the Symphony Association, President of Carmel Business Association and has expressed his hobby of acting in three Shakespearean plays presented by the Forest Guild, having major roles in each of the plays.

Tickets are available at the usual Symphony outlets and at the Box Office the night of performance. For further information please call the Symphony Office, 624-8511.

individually negotiated. It would be possible to maintain a present professional position while enrolled. Confluent Education is the intentional merging, through creative integration, of the cognitive (thinking) and affective (feeling) domains. Training is directed toward the improvement of classroom practices and increasing the relevance and effectiveness of curriculum without sacrificing standards.

Fellowship applicants must satisfy normal Graduate School of Education standards. In addition, it is highly desirable that they have a commitment from a school district or other parent educational institution stating that the Ford Fellow will be provided a staff position at the completion of his fellowship. This staff position would include (a) work with teachers and/or counselors of Chicano students in a variety of ways of inservice education with a focus on helping teachers and counselors to more realistically perceive Chicano children as individual human beings as opposed to stereotypes, (b) help diminish the counterproductive effects of distortions such as those from projections where often unconsciously teachers or counselors "put trips on" students, (c) provide training in improving interpersonal relations with Chicano students, and (d) help design changes in curriculum and instructional methodology which would be more effective in meeting the needs of Chicano students while still maintaining general academic standards. A

possible secondary function upon his return to the school district for the Ford Fellow in Confluent Education would be to work directly with Chicano students where the need might arise, as, for example, in a demonstration capacity. The nature of direct work with Chicano students would be left open-ended.

Criteria for selection of the candidates would be based on the following: (1) that the candidate be fully familiar with what it means to be a Chicano; (2) that the candidate be fluently bilingual; (3) that the candidate be an experienced professional with a minimum of two years in the field before receiving the degree; (4) that he demonstrate healthy personality characteristics; (5) that the candidate demonstrate promise for leadership in the Chicano community and the community as a whole; (6) that the candidate demonstrate a strong commitment to working for the improvement of the education of Chicano students and the improvement of educational practices in general.

To assist the faculty in their selection and screening of Chicano students and the improvement of educational practices in general.

To assist the faculty in Confluent Education in their selection and screening of candidates, an informal advisory committee of Chicano educators in the field will be utilized for their advice and knowledge.

You should know us,
because we can probably
help you move your
merchandise ★

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O' The Crop
Dozen **65¢**

100% Wheat Bread

Skylark—1-lb. Loaf
EXTRA VALUE 35¢

Cheerios Cereal

Breakfast Cereal—10-oz. Pkg.
SS 49¢

Frozen Vegetables

Bel-air Spinach, 12-oz. or Cut Green
Beans, 9-oz.
EXTRA VALUE 5 for \$1

Stir 'n' Serve

Golden Grain, 1 Pan Main Dish
7-oz.
SS 39¢

Jell-well Gelatin

6-oz. Package
EXTRA VALUE 5 for \$1

Tomato Juice

Town House, 6-Pack, 5 1/2-oz. Cans or
Veg. Juice Cocktail
EXTRA VALUE 49¢

Tomato Paste

Hunts—6-oz. Can
SS 17¢

Safeway Coffee

Pre-ground
2 Lb. Bag **\$1.77**

Stayfree Maxi-Pads

Feminine Napkins—12 Count
SS 39¢

Tender Vittles

Purina Moist Cat Food—12-oz.
SS 44¢

Detergent

White Magic—49-oz. Package
69¢

VO-5 Hair Spray

Alberto, Aerosol—9-oz.
SS 88¢

SAVE ON FROZEN FOODS!



Bel-air PIZZAS

Sausage or
Pepperoni
19-oz. **99¢**

STRAWBERRIES

Bel-air
Sliced
Frozen
10-oz. **EXTRA VALUE 39¢**
GREAT WITH
Bel-air Waffles Frozen—5-oz. 16¢

Blueberry Waffles Aunt Jemima—10-oz. 57¢
Chocolate Eclair Rich's, 4 Count—8 1/2-oz. 63¢
Apple Pie Bel-air, Frozen—24-oz. 57¢
Veal Parmesan Lunch Weight Watchers Brand 9 1/2-oz. \$1.27
Birds Eye Vegetables International Style—10-oz. 48¢

Everyday Needs

SS Granola Chas. A. Pillsbury—16-oz. 69¢
Pudding Cups Del Monte—4 Pack 63¢
Weight Watcher Sweet'ner 100 Pack 76¢
Mrs. Wright's Bread Oatmeal—1 1/2-lb. Loaf 47¢
Kraft Dressing (Potato—1 1/2-lb. Loaf 43¢)
Riviera Ravioli French—8-oz. 33¢
(16-oz. 59¢)
Chicken—15-oz. 36¢
(Beef—40-oz. 93¢)

Miscellaneous Items

Charcoal Briquets Callier Super—10-lb. Bag \$1.19
Scouring Pads Chore Girl—3 Pads 41¢
Kimbies (Golden Fleece—3 Pads 26¢)
Gleem Toothpaste Disposable Diapers, Med. Daytime—30 Count or Toddler Daytime—24 Count \$1.79
5-oz. 68¢

PRELL Concentrate Shampoo 7-oz. Tube **\$1.75**

Wine Selections

Almaden Zinfandel 5th \$2.25
Vin Rose Wine La Mesa—1/2 Gallon \$1.79
Christian Brothers Burgundy—5th \$1.99
Charles Krug Chenin Blanc Wine—5th \$2.75
Italian Swiss Colony Pink or Gold Chablis 1/2 Gallon \$2.39
Mountain Wines Beringer—1/2 Gallon \$2.98

From The Dairy Case

Soft Margarine Saffola—1-lb. Tub 59¢
Nucoa Margarine 1-lb. (Sunnybank—1-lb. 47¢) 44¢
Hash Browns Redi-Spuds, Fresh Potatoes—12-oz. 35¢
Pillsbury Biscuits Extra Light, Buttermilk, or Country Style—8-oz. 16¢
Lucerne Yogurt Fresh and Flavorful—8-oz. 27¢
SS Calavo Avocado Dip 8-oz. 54¢

Family Favorites

Screaming Yellow Zonkers 8 1/2-oz. 43¢
Kool Aid Drink Mix—Envelope 7¢
Kraft Caramels (Sugar Sweetened 12c) 14-oz. 53¢

DENTYNE "Bonus Pak" Chewing Gum—18 Sticks **17¢**

Wexford Crystal

GOES OFF SALE MARCH 24th
On The Rocks 10-oz. Size **ONLY 39¢**

Buttermilk Biscuit Mix

Mrs. Wright's—60-oz. **75¢**

SS Stuffing Plus

MJB Mix—6-oz. Package **39¢**

Hot Roll Mix

Mrs. Wright's—13 3/4-oz. Package **47¢**

Ripe Bananas

Golden Ripe
Green Tipped
POUND

10¢

Banana Squash

Good for
Baking
POUND

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Green Onions

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Clip-Top Carrots

Garden Fresh
POUND

10¢

Primroses

Assorted Colors
4 Inch Pot

3 for \$1.00

Valencia Oranges New Crop 5 Lb. Bag 69¢

Artichokes Meaty Leaves 4 for \$1

Bean Sprouts Fresh Crop—Lb. 19¢

Cherry Tomatoes Full of Flavor—Basket 39¢

Asparagus Large, Fresh, Green—Lb. 49¢

White Grapefruit 8 Lb. Bag 89¢

Anjou Pears Northwest Grown Extra Fancy 3 Lbs. \$1

Romaine Lettuce Crispy Fresh 2 for 39¢

Spinach Large Bunches 2 for 39¢

Daffodils Bunches of 10—Bunch 39¢

NEW UNIFORM MEAT IDENTITY PROGRAM AT SAFEWAY

You'll notice changes in some of the names on meat labels in our cases. We have adopted a new program under which meat retailers will use uniform names for the different cuts of meat they sell. In addition to helping you identify cuts, the plan also aids in selecting proper cooking methods. If, for example, the label shows a cut to be a steak or roast from Beef Loin or Beef Rib, dry heat cooking methods such as roasting, broiling and frying are recommended. For most other beef, moist cooking methods such as braising or cooking in liquid are recommended. Some tender cuts of beef not marked Loin or Rib may be cooked with dry heat but it is best to check your cookbook on these.

Italian Style Sausage Reg. & Hot Bulk—Lb. \$1.49

Sausage Patties Tennessee Pride 12-oz.—Each 99¢

Turkey Steaks Boneless Breasts—Lb. \$2.29

Ground Beef Juicy & Flavorful—Lb. 99¢

Round Tip Steak Cap. Off, USDA Choice Grade Beef—Lb. \$1.99

Top Sirloin Steak Beef Loin, Boneless USDA Choice—Lb. \$2.14

Porterhouse Steak or T-Bone—USDA Choice Grade—Lb. \$1.99

Chuck Steak Blade Cut, USDA Choice Grade Beef—Lb. \$1.09

All Veal Steaks Manor House, Flash Frozen Bulk—Lb. \$1.89

Assorted Chops Pork Loin—Lb. \$1.19

GENUINE SPRING LAMB

Lamb Chops Shoulder Blade—Lb. \$1.19

Shoulder Arm Chops Genuine Spring Lamb—Lb. \$1.39

Loin Lamb Chops —Lb. \$2.19

Lamb Breast —Lb. 49¢

SAFEWAY PORK PICKS

Pork Shoulder Arm Picnic—Lb. 79¢

Pork Leg Fresh Ham, Whole—Lb. \$1.09

Pork Leg Roast Fresh Ham, Boneless—Lb. \$1.49

Sirloin Roast Pork Loin—Lb. \$1.09

Corned Beef Safeway Brand Boneless or Shenson Kasher and Plain—Lb. \$1.59

Beef Pot Roast Chuck Shoulder, Boneless USDA Choice Grade—Lb. \$1.39

Spring Lamb Safeway Young Turkeys, 7 to 9 Lbs. Lb. \$1.29

Fryer Parts (Leg Short Cut Sirloin Off Lb. \$1.29) 99¢

All Meat Franks Foster Farms, Drumsticks—Lb. (Thighs, Breasts Lb. 99¢ Wings Lb. 59¢) 89¢

Turkey Breasts Plantation, 4 to 6 Lbs.—Lb. \$1.19

Turkeys Self Basting, Safeway Breasts, 4 to 8 Lbs. Lb. \$1.19

Sliced Bacon Armour Miro Cure, 1-lb.—Each (Thick Sliced, 2-lb.—Each \$1.97) 99¢

Sliced Bacon Safeway, 1-lb.—Each (Thick Sliced, 2-lb.—Each \$1.97) 99¢

Rath Bacon Sliced, Blackhawk, 1-lb.—Each 99¢

Cornish Game Hens

Checkerboard Brand or
MANOR HOUSE —20-oz.—Each

89¢

Beef Round Steak \$1.14

Full Cut, Bone In, USDA Choice
Grade Steer Beef Lb. **1**

Chuck Blade Roast 78¢

USDA Choice
Grade Steer Beef Lb. **78**

Pork Spareribs 88¢

From Tender, Young Porks Lb. **88**

Items & prices in this ad are available March 20, 1974 thru March 26, 1974 at all Safeway Stores listed below:

FOOD STAMP SHOPPERS ARE WELCOME!



DISCOUNT with a DIFFERENCE



SAFEWAY

SEASIDE 1720 Fremont Blvd.

MARINA Marina Village Shopping Center